



## Office of the Illinois Attorney General Crime Victim Services Division News

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Welcome to the Illinois Attorney General's Crime Victim Services Division e-newsletter. In this bi-monthly publication you will find information about our programs and upcoming events. If you have any questions about our services, you can call our toll free number, 800 - 228-3368.

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**VICTIMS' RIGHTS  
EVERY VICTIM  
EVERY TIME**

**2007 National Crime  
Victims' Rights Week**  
APRIL 22-28, 2007

Office for Victims of Crime  
**OVC**  
"Putting Victims First"

### Crime Victims' Rights Week: An Overview

**Crime Victims' Rights Week** was established in 1981. It is an opportunity to both celebrate our progress in victims' rights and services and also a time to raise awareness of the struggles that victims still face. This year's Crime Victims' Rights Week will be celebrated April 22-28. The theme is: "Victims' Rights: Every Victim. Every Time." This theme calls us all to ensure that every victim is assisted, supported and has his/her rights protected. We have made tremendous strides in victim assistance, but there are still many victims out there who have not been touched by these achievements. We must continue to fight until every victim, every time is treated with compassion, dignity and knows and is able to exercise his/her rights.

The colors for this years event are **blue** and **orange**.

There are countless events occurring across the country to celebrate and commemorate Crime Victims' Rights Week. In Illinois, there are events happening across the state from candlelight vigils to memorials, concerts and a 5k walk/run. The Office of the Illinois Attorney General is also sponsoring an information booth and will be assisting other agencies as requested.

A listing of events happening throughout the state will be posted on the Illinois Attorney General's website at [www.illinoisattorneygeneral.gov](http://www.illinoisattorneygeneral.gov) . A list of events across the nation is available at the Office for Victims of Crime's website at [www.ojp.usdoj.gov/ovc/](http://www.ojp.usdoj.gov/ovc/) .

**By working together and raising awareness, we will one day reach our goal :  
Every Victim. Every Time.**

### Sexual Assault Awareness Month

April is Sexual Assault Awareness Month. Sexual Assault is any unwanted sexual contact or attention achieved by force, threats, bribes, pressure, tricks or violence. Sexual assault is about power, control, and violence; it's not about desire, love, or lust.

Sexual Assault is frequently known as a silent crime. It is our responsibility to make ourselves and others aware of this horrific crime. Sexual assault is the most under-reported crime in the United States. Approximately 30% of rapes are ever reported to police. One in four women are victims of sexual assault in their lifetime. One in ten men will be a victim of sexual assault.

I encourage each of our affiliated programs and staff members to take an active part in one of the great activities planned throughout the State during this upcoming month.

### **Announcing: National Network to End Domestic Violence Fund's (NNEDV) Direct Assistance Program**

**The Direct Assistance Fund aims to provide emergency financial assistance of up to \$2000 to battered women and their children to meet their immediate needs. Eligible costs include transportation, relocation expenses, personal supplies or any other type of emergency need directly related to leaving an abusive relationship. Eligibility requirements must be met.**

**For more information on the Direct Assistance Fund and to request an application, please contact LaKia Williams at NNEDV, 202-543-5566 or visit <http://www.nnedv.org/default.asp?Page=85>**

#### **Programs administered by the Crime Victim Services Division include:**

The Crime Victim Compensation Program (CVC)

The Violent Crime Victim Assistance (VCVA)

The Illinois Automated Victim Notification System (IL AVN)

The Statewide Victim Assistance Program (SVAP)

The Illinois Victim Assistance Academy (IVAA)

The Illinois Sexual Assault Nurse Examiner Program (IL SANE)

### **For Advocates: Tips to Stay Emotionally Healthy!**

Working with victims all day, it is easy for advocates to get burned out. Burnout causes dedicated and talented professionals to leave their work with victims, for something less emotionally draining. This can be prevented by active self-care.

Here are three tips to prevent burnout:

- **PRIORITIZE:** You must take care of yourself and do what's important to you. Make a list of things that you can do for YOU. That can range from taking a walk every day, cardio at the gym, watching a movie when you get home from work, taking a day off from work to sleep in, or whatever else you can fit in to your schedule that is just for you. Put off running some errands that are not very necessary. If you don't take care of your need for rejuvenation, then you will not have much to offer your clients.
- **PACE:** You can't achieve balance overnight. Remember to eat right, slow down, and keep the emotional emergencies to a minimum. Eventually you will not feel as stressed out when dealing with an urgent situation at work.
- **PARTICIPATE:** Start a hobby, visit with friends, find a mentor. Participate in life outside of work. Think of something that you have always wanted to do and start incorporating it into your daily life, like knitting, or a volunteer organization that is fun, and not mentally exhausting.

Beat burnout with these tips and you can look forward to a more successful, rewarding work experience.

Summer is fast approaching and now you have the perfect excuse for movies in the park and street festivals... preventive measures for burnout!

#### **April Events**

- National Child Abuse Prevention Month.  
[www.preventchildabuse.org](http://www.preventchildabuse.org)
- National Sexual Assault Awareness Month.  
[www.nsvrc.org](http://www.nsvrc.org)

#### **May Events**

- National Correctional Officers Week, May 6-12.  
[www.aca.org](http://www.aca.org)
- National Police Week, May 13-19.  
[www.nationalcops.org](http://www.nationalcops.org)
- National Missing Children's Day, May 25.  
[www.missingkids.com](http://www.missingkids.com)